

Supplemental Table 1. PICS evaluation according to physical, mental and cognitive variables at 4 months and 1 year from discharge

Variable	4 months	1 year	p value
Days from discharge to survey	130 (111, 134)	365 (345, 375)	
Physical PICS components			
SF-8 PCS			
Median	46.5 (40.1, 50.3)	48.7 (44.2, 53.6)	0.449
<50	13 (72)	10 (56)	0.375
PCFS			
0	8 (44)	8 (47)	
1	6 (33)	6 (35)	
2	3 (17)	2 (12)	1.000
3	0 (0)	0 (0)	
4	1 (6)	1 (6)	
mMRC			
0	5 (28)	7 (41)	
1	10 (56)	6 (35)	
2	1 (6)	3 (18)	0.789
3	1 (6)	0 (0)	
4	1 (6)	1 (6)	
Mental PICS components			
HADS			
Anxiety			
Median	6.5 (1.3, 8.0)	4.0 (1.0, 8.8)	0.701
≥8	8 (44)	8 (44)	1.000
Depression			
Median	6.5 (3.0, 9.5)	4.5 (2.0, 9.8)	0.605
≥8	6 (33)	8 (44)	0.500
IES-R			
Median	7.5 (4.0, 25.8)	12.5 (2.0, 27.5)	0.327
≥average of 1.6	2 (11)	2 (11)	1.000
SF-8 MCS			
Median	51.8 (43.2, 53.2)	54.4 (45.6, 54.8)	0.865
<50	8 (44)	8 (44)	1.000
Cognitive PICS components			
Deterioration in concentration			

Yes	9 (50)	2 (12)
No	8 (44)	8 (47)
Neither	1 (6)	6 (35)
Improved since last survey		1 (6)
Deterioration in memory		
Yes	8 (44)	3 (18)
No	8 (44)	8 (47)
Neither	2 (11)	5 (29)
Improved since last survey		1 (6)
Deterioration in forgetfullness		
Yes	7 (39)	3 (18)
No	7 (39)	8 (47)
Neither	4 (22)	5 (29)
Improved since last survey		1 (6)
SMQ		
Median		43.0 (35.0, 46.0)
<40		6 (33)

Data are expressed as numbers (percentage), or median (interquartile range).

*PICS* post-intensive care syndrome *ICU* intensive care unit *PCFS* post-covid-19 functional scale

*mMRC* modified medical research council dyspnea scale *IES-R* impact of event scale-revised

*HADS* hospital anxiety and depression scale *SMQ* short memory questionnaire